



1-day course

**Advanced Navigation Skills Masterclass**

*Howgill Fells*

## **COURSE OVERVIEW**

### **YOUR INSTRUCTOR**



#### **Mark Reid**

Walking Group Leader  
Hill & Moorland Leader  
Mountain Leader  
Author of 'The Inn Way' guidebooks

### **WHERE AND WHEN TO MEET**

We will meet at **9am** at the Cross Keys at Cautley on the eastern edge of the Howgill Fells (A683 *between Sedbergh and Kirkby Stephen*) for a chat about the day over a cup of tea or coffee. We will then walk up onto the Howgill Fells for a full day's walking across these wonderful open hills.

### **ADVANCED NAVIGATION SKILLS**

Our one-day **Advanced Navigation Skills** course is ideal for experienced and accomplished hill-walkers, who may be working towards their Mountain Leader or NNAS Gold awards. During the course, we will move progressively into more challenging terrain and conditions, and we will actively seek out poor visibility and complex terrain and landscapes.

#### ***The course will cover:***

- Planning ahead - weather forecasts and clothing & kit for the hills
- Navigation skills, strategies & techniques, including Route Simplification
- Poor visibility and night navigation strategies
- Micro and macro navigation
- Compass bearings (map to ground and ground to map)
- Slope aspect and fall lines
- Navigating using contours
- Relocation skills
- Accurate distance estimation over challenging terrain
- Route planning, route choice & route finding - selecting the right strategy
- Continuous location

## WHAT'S INCLUDED

- ✓ Full day's Advanced Navigation skills in the Howgill Fells with Mark Reid
- ✓ Tea / Coffee in the morning whilst we discuss the day ahead
- ✓ OS Map and compass for use during the course
- ✓ Use of our outdoor gear if required
- ✓ TeamWalking Loyalty Reward scheme \*

**NB:** All participants must provide their own walking boots, food (including packed lunch) and accommodation (if applicable). Over 18s only. \* *Loyalty Reward issued on the course.*

## OUTLINE OF THE DAY

- **9am:** Discuss the day ahead, learning objectives, weather forecast and route over a cup of coffee
- **10am - 4:30pm:** full day's hill walk, with navigation skills training (packed lunch on the hillside). The walk will cover around 6 to 8 miles over the course of the day, with plenty of rest stops and time to practice skills and ask questions. We will be walking across upland terrain, hills and moorland, away from paths and tracks with the potential for rough and boggy ground, adverse weather and lots of inclines.
- **5pm:** finish back at the pub for a de-brief and a well-earned drink!

*Please note: all timings are approximate.*

## WHAT TO WEAR & BRING WITH YOU

### **What to wear**

It is important to wear a 'layering system' of clothing as follows:

- Base layer - long-sleeved T-shirt
- Mid layer - fleece
- Outer shell - waterproof/breathable coat and over-trousers
- Walking boots - waterproof with good ankle support and sturdy soles
- *plus* walking trousers

Wear clothing that is made from synthetic fibres, which are quick drying and help 'wick' moisture away from your skin. Do NOT wear cotton (especially jeans) as cotton soaks up moisture.

### **What to bring**

- Warm hat, waterproof gloves and spare fleece
- Water bottle (at least 1 litre) and flask of hot drink
- Packed lunch and high energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Medications (if applicable)
- Head-torch and spare batteries
- Rucksack (to carry all of this in!)

*Please note: We will provide you with an OS map and compass for the duration of the course. You need to provide your own walking boots, with sturdy cleated soles and ankle support.*

## ANY QUESTIONS?

info@teamwalking.co.uk / 01423 871750 / 07711 264019

**Final details of this course will be sent out by email approximately 2 weeks prior to the course**